

# QC

## CURRENT TASTES

**MERKY WATERS'**  
DEEP COMMITMENT  
TO DJ CULTURE P. 6

### MUSIC:

Pandacorn prepares for grueling tour and sheds their skin **P.4**

### ON THE SCENE

QC is on the scene at the 49th annual University of Regina Rams Sports Dinner **P.10**

### EVENTS:

What you need to know to plan your week in Regina **P.16**



**FREE**

# IN THE CITY

# APRIL 15, 2015 — 12:07 P.M.

## Preparing to celebrate



Daniela Panselnicuk applies makeup during the First Nations University of Canada Spring Celebration powwow held at the Band's Centre in Regina. Panselnicuk later performed in the First Nations Dance. PHOTO BY MICHAEL BELL

# INDEX

## # ON THE COVER P. 6



Chris Merck sits surrounded by part of his vinyl record collection in his home in Regina. Merck, an alternative music artist, owns more than 1,000 albums. **QC PHOTO BY MICHAEL BELL.**

## # TABLE OF CONTENTS

### IN THE CITY — 2

A moment in time: Photographer Michael Bell's shot that defines the week.

### MUSIC — 4

Pandemon's prepares for grueling tour and sheds their skin.

### ON THE COVER — 6

DJ Chris Merck's music connects tradition and innovation.

### ON THE SCENE — 10

### EVENTS — 11

What you need to know to plan your week. Send letters to: [qp@leaderpost.com](mailto:qp@leaderpost.com)

### OUTSIDE THE LINES — 13

A weekly colouring creation for kids of all ages by artist Stephanie McKay.

### CROSSWORD/SUDOKU — 15

### READ MY BOOK — 17

A look at *Entangled Roots: The Mystery of Peter Boreham's Headless Horse*.

### SHARP EATS — 18

Spoon treats to help you make gourmet Indian food.

### WINE WORLD — 19

Italian red helps you venture beyond the French wine list.

## # SHARP EATS PG. 18



Local entrepreneur Ansh (Chachi) Chatterjee offers his development's selection of exotic meals to help the average cook make gourmet Indian food. **QC PHOTO BY MICHAEL BELL.**

## QC COVER PHOTO BY MICHAEL BELL

QC is published by the Leader Post — a division of Postmedia Network Inc. — at 1854 Park St., Regina, Sask. S4N 3Z4.

For advertising inquiries contact 381-6221; editorial 1-855-688-6557; home delivery 381-6202. Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

The contents of this publication are selected to entertain and may be used only for personal non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright. For more information, contact the editor at 1-855-688-6557.

# MUSIC

WE'RE ON FACEBOOK: Visit us at  
Facebook.com/qcregina

## # SASKATCHEWAN MUSIC SCENE

# Pandacorn shedding their skins

By Sean Trembath

Pandacorn was named for a pair of fan-costumes, but as the Moose Jaw band prepares for their most intense tour to date, their spunky mascot gets up taking a back seat to the music.

"It was fun to dress up as a uni-corn for the first few years, but then I just got lazy. I just want to get up on stage and be a boring old human," says Morgan Nash, who plays synth and sings.

Pandacorn started three Hallelu songs according to guitarist Brian the Mohaneger. Nash was performing as a solo act with Mohaneger backing her up. In the spirit of the holiday they dressed up. Nash as a unicorn and Mohaneger as a panda. Someone at the show told them about pandacorns, a mythical cross-breed of the two beasts.

"That was the day we said, 'You know, this is a really interesting thing,'" Mohaneger says.

They started writing and performing as Pandacorn. Three years later they're promoting an album and getting ready to launch a new video and a tour of Western Canada with a show at Amigos on April 26.

The album *Synthesis of Opposites*, features the group's first work synth-wave rock style, with Nash and Mohaneger dancing around. They picked up drummer Ryan Schell, formerly of Short Stories, as a third piece two years ago but Nash and Mohaneger still do the songwriting.

The tour starts in earnest April 26 in Medicine Hat, Alta. the first of 15 shows in 18 nights. Everyone in the band has experience with long hours, but Nash says there's always challenges.

"It's a very strange lifestyle to live. People tend to misinterpret touring, but it's quite the opposite. It can be quite a gratifying, relaxing, exhilarating endeavor," she says. With her and Mohaneger bring-

ing with other projects, this tour could be the last for some time.

"I think we'll be taking a break. I've been telling some friends in Saskatoon this will probably be our last show for a very long time, so come out for it. We may not play again in Saskatoon for about a year," Nash says.

Whatever break they take, both Nash and Mohaneger say the band will be back, and look to tour Eastern Canada next year.

The costumes that earned the band its name have been through a lot. Nash recalls her unicorn head getting lost for five hours after a set at Ness Creek. People kept telling her they had seen it on various other people's heads.

"It has seen a lot of things," she says of the hat, laughing.

A set at this year's LUGED celebration at the Mendel may have been the death of the costumes. The theme for the party was gold, and they spent painting their costumes for the occasion. Now Nash says they look brown and gross.

Mohaneger said the costumes have been both good and bad, depending on who you talk to. Some people are the kind a change they might not have otherwise, while others think it's a gimmick and pay less attention because of it.

"When you get to the point where people think the worst of you, you start to think maybe you should rethink. But then you get people who really love that we do it," he says.

They'll never completely abandon the theme, but it will sometimes wear a black and red suit for example, rather than a full pan da costume.

"It's always been more of a theme based thing. We never made the promise we were always going to dress up as pandas and unicorns and costumes. But we're keeping the theme," Mohaneger says.

It's not like the old costumes — or others like them — will never



made appearances, but Nash says the band doesn't need them as much as they used to.

"The point, at the time, was to reward a way to differentiate from our other musical projects. Now I think people know," she says.

If anyone is truly bothered by a show without them, she won't course their loss as fate.

"I don't worry about losing fans for not wearing costumes. If they were only into us for the costumes, that's not really the point of making music."



Associated with Pandacorn.com  
Twitter.com/seantrembath

Moose Jaw will be seeing live Pandacorn members in their unicorn costumes, the mascot and continue to entertain at the band's tour Medicine Hat, Alberta. Photos

**Earn up to  
\$700  
or more**

**each month delivering  
the Leader-Post.**

**To find out more,**  
call 306-781-5409 ext. 2 or  
email us at [carriers@leaderpost.com](mailto:carriers@leaderpost.com)

**LEADER-POST**

# ON THE COVER

I kind of feel like it chose me rather than I chose it somewhat. —Chris Merk

## #ELECTRONIC MUSIC

# Merk's focus is teaching and sharing

By Ashley Martin

Merk's focus is teaching and sharing

Working the turntables, it looks like the music is moving through him. He gently rocks as the fingers of his right hand scratch a vinyl record in time to the beat.

With the vinyl, you have more of a feel for the (music); it's more tangible," says Chris Merk, playing at a '90s hip hop residency of Broad 7th and the Beat.

"There's lots of different artists, some with turntables but you don't really think of it while you're doing it, while you're in the flow of it. It's just kind of more like a feeling."

It's a Thursday night at the University of Regina. In the basement of the Raddick Centre, Merk sits at the Interactive Media and Performance (IMP) Lab. He's a research assistant there, during his off-hours as a full-time arts education student. He also DJs, he released his latest album, *Waves*, in December.

In his work at the IMP, Merk introduces people to alternative musical creation. There are no band instruments here. The IMP Lab has 10 sets of turntables and 30 beat machines.

Merk teaches bootcamping and turntablism here and expands to singing and beatboxing during visits to Regina classrooms.

"It's a great environment for not just hip hop but also for thinking about hip hop as pedagogy and getting young people excited about learning through the hip hop art," says Cheryl Merck, Creative Research Chair in Interactive Media and Performance and creator of the IMP Lab, which opened in April 2009.

When Merk was in a local MacDermott music store, he started DJing. He had an idea with hip hop, even though it wasn't popular among his friends.

"The rhythm, the beat, the



Chris Merk works on turntables at up on the turntables in the Interactive Media and Performance classroom at the University of Regina. *by Ashley Martin*

"It was always on my mind and it stayed in my life and eventually I was just like, yeah, I need to do this myself."

He started making peace buttons in high school, recording from CD-ROMs, creating the peace button in hip hop sections. In 1997, he released the record, button to double up sounds. He released two albums, *Waves*, the peace button.

"I thought it was kind of unique and."

When he was 18, he released his first album. He had his first gig at 18, mixing and scratching records. Then he started making his own music.

"I kind of feel like it chose me rather than I chose it somewhat." He started performing as DJ Merkles. After a couple of years,

he released *Muddy Waters* inspired his new sound for those reasons.

"I really was the one who started the electric guitar thing and turning it up and downing it."

"It is an Aquarius." The symbol for that star sign is the water bearer.

"The kind of music that I make I find is rather deep, not too heavy. I would say, I'm not too clear." Merk's record collection numbers

close to 1,000, a fraction of his former glory. He estimates he's given away 1,000 albums in moves over the years.

He'd dig through the cluttered parts of garage sales and thrift shops for old and obscure records to sample. "I'll find a drum sample from here or piano notes from over here and then from all over — kind of putting it up a little bit."

He's a great ambassador for not just hip hop but also for thinking about hip hop as pedagogy, and getting young people excited about learning through the hip hop art — Charzy Marsh

It's commonplace the music to make it has seen "That's kind of a new thing the whole idea of appropriate music using something that exists and reworking it which I think is a huge thing in art right now"

He works with local musicians and forwards their live recordings

Classical guitarist Ramsey Col diron is featured on two tracks on *Seven*.

"The idea of finding in such a way is one of the richest things of connecting both styles," said Col diron, who spent a couple of hours on producing in Merk's home recording studio "You have some electronic and then you have something that is purely acoustic with a sound that is coming right from the wood."

"So me, music is a very personal and human thing," said Merk. "Most of my connections are from being in the same place at the same time with the same frequency. I think that kind of bridge something out of it, where you're in the same place at the same time and it's very human."

He bridges cultures in his songs like on *New Mean*, which features Ukrainian singer Yana and New rapper Ali Debut. "So that's a real fusion of those two worlds on that one too."

Merk's language expertise doesn't extend past English, so "I ask a lot of questions. A lot of checking back with them to make sure what I'm chopping together makes sense. And I've never had it come back."

Like a thoughtful creator and that's one reason he doesn't do many live shows.

"A lot of people assume you're just playing a record," he said. "Like a wedding DJ. He doesn't want to take requests."

"I'm going to do what I like."

♦ ♦ ♦ ♦

It's not only through performing that he's sharing.

For four years, Merk has taught the basics of electronic music in private in Regina and in schools through the CREATIV program.

In Coexisting Regis Schools and Artists Through Expertise, through which teachers can bring in a variety of artists for in-class lessons. Merk teaches grades 4-10 students how to



Charzy Merk, left, with colleagues Charzy Marsh and Ben Valdez in the Interactive Media and Performance classroom at the University of Regina. (Photo by Ryan Hurst)

make beats, beatbox, sing and rap.

"This is my home to do classes in our schools, doing these sessions with each class."

He said the kids love it.

"I feel after classes it's hard to get them out of the classroom because they just want to stick around and keep trying things and keep talking to me and what my experience is."

The uniqueness of DJing and hip hop is what appeals to them, Merk said.

"It's a brand new thing; you're not

looked down to the past and the truth like," he said. "It has its connections with you and there but it totally just kind of steps away into a whole new art form," repurposing an object (the turntable) because an instrument, a voice dropping and beatboxing (instead of just singing) and a body through hip hop (breakdancing).

Merk sees hip hop as an access point for the young people to engage in.

"There's an entry point with hip hop, so many different ways

young people can connect," she said.

"You could write poetry you might point, you might be drawn to making beats, you might be drawn to the turntables, you might be drawn to dancing."

"It's a way for young people to connect with the world in perhaps a larger way."

Merk sees value in teaching electronics because it can be a gateway to music. It was for him.

"I don't know traditional forms. I don't read music notation music. I

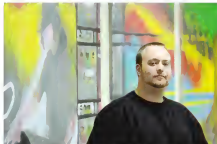
produce electronically so I wouldn't fit in with the traditional mode and that's pretty much all that exists right now."

While many schools are getting into Garage Band-style production software, Merk said only a handful of schools have a beat machine.

Electronic music served as a gateway for Merk to get more student able with instruments even though he only dabbled on keyboards and drums as a kid.

Continued on Page 8

To me, music is a very personal and human thing. Most of my connections are from being in the same place at the same time with the same frequency. — Merik



Chris Merik is a research assistant at the Interactive Media and Performance (IMP) Labs at the U of M and is off to work as a full-time arts education advisor. — QC PHOTOGRAPHY BY TONY BIRCH

Scratching vinyl is like strumming a guitar. Learning things on a beat machine makes it so instantly to dance.

"There's that connection that I don't think many people see yet. Be that a kind of what I'm trying to push in education and in schools is that you have to see that connection, that it's all music and that one isn't better than the next and it's all kind of leads to a unified understanding that can benefit in all formats of musical production."

"He doesn't have traditional music training like some other people he works with, but we're on an even playing field, so I'm seeing the equal benefits and the equal result coming from different angles of music. I don't see why one side should have a hierarchy over the other."

Chalmers agrees there's value in learning both.

"You can use the hand, you can use whatever other instruments you have, unless it's with the other genres. ... I see how on top of it, you can improvise but you're negating on top of it, just to deconstruct these archetypes

and that traditional form," he said. "It just gives a different option, give different opportunities."

When he completes his degree in April 2016, with a double major in education and visual arts and a minor in music, Merik hopes he can continue to apply his philosophy in the classroom.

"It's the sharing aspect of it. That's the reason why I became a DJ as well, just to share that music that I loved and that many people don't have access to," said Merik, who got hit by the teaching bug when he began his work, now 31, was little.

"I found a joy in teaching him art and drawing and music so the more we did stuff like that, the more I kind of leaned towards maybe this is really suited for me and something that I could be really good at."

♦ ♦ ♦ ♦

His work at the IMP Labs is also devoted to sharing the music.

"It's kind of the alternative to the track-based created landscape," said Merik.

## Carpet Cleaning Special

# \$80<sup>00</sup>

Living Room & Hallway

**OTHER SERVICES:** Rec Rooms, Area Rugs, Bedroom's, Upholstery, Tile & Grout Cleaning

**NO HIDDEN CHARGES or UPSELLS**

## (306) 543-1750

**Alpine**

CARPET CARE

Truck Mounted Unit

Todd Lemic  
Owner/Operator

## MORE TO SEE MORE TO READ

WITH DIGITAL ACCESS

## LEADER POST

# for 99¢

with 30 days

Subscribe now at [leaderpost.com/digitalsub](http://leaderpost.com/digitalsub)

100% satisfaction guarantee

### The Gabriel Dumont Institute - Saskatchewan Urban Native Teacher Education Program

**(SADI-SUNTEP) is recruiting students for Fall 2015**

SUNTEP is a four-year accredited Certificate of Education program offered by the Gabriel Dumont Institute in partnership with the Ministry of Education and the University of Regina.

- SUNTEP offers resident classes, tutoring and mentoring support, accessible instructors and an on-campus co-op.
- Specializations include: Aboriginal language arts, Cross Cultural Education and Indigenous Studies.
- Deadline date for applications is May 14.

If you are likely interested in teacher education please come and see us at College West Building, Room 207, University of Regina or contact us at the number below. First Nations students with bursary support are welcome to apply.

For more information or applications, contact SUNTEP Regina

C/W 207, U of R  
 2727 Winemore Parkway  
 Regina, SK S4S 0A2  
 306-347-4110  
[www.gdi.ca/reg](http://www.gdi.ca/reg)

## Where great homes GET NOTICED

## Consider it Sold!

REGINA REALTORS®

[ReginaRealEstateReview.com](http://ReginaRealEstateReview.com)



I find after classes it's hard to get them out of the classroom because they just want to stick around and keep trying things and keep talking to me and what my experience is. — Merk

He has two rooms — one with beat machines, the other with turntables — set open to the public three evenings a week as people can explore new sounds. Merk and fellow researchers assistant Ben Whitson are there to help share people the ropes.

It also hosts public workshops and university classes.

"In Regina, we really have a unique experience," said Merk. The IMP Lab, now seven years old, are unique in North America.

Merk credits the U of R for supporting her vision. Compared to universities in Toronto, where she came from, "I had the support at U of R to do the kinds of things I want to do but I was left alone enough to let it develop.

"The composting is done and it's ready; we're ready to grow it," added Merk.

## TRADITIONAL VS. DIGITAL

When he's DJing, Merk's method of choice "depends on the environment I'm in."

The advantage of working digitally is music isn't stuck of people are dancing across the

floor.

"When I'm doing vinyl, I kind of have to tell people around me to settle down," Merk said laughing, "which is kind of what you don't want to do in a club."

The disadvantage is just working digitally is "100 per cent" that while proving that I think is valuable to living." Learning to mix manually and getting a good sense of tempo from having to count beats per minute.

"With vinyl you have to do it by ear and that's a valuable skill that I would promote to kids," said Merk.

"You can actually get to a point where you feel the groove on the vinyl because it's actually engraved into the material, whereas when you have digital, it's more of just a flat line. But you do have a lot more options such as looping certain parts of songs and finding cues within the songs where you can kind of just immediately bounce back to, whereas vinyl you have to pack up the needle and move it back, so it has a lot more options."

www.improlab.ca

Twitter: @merkimp



Chris Merk, a record collection curator, class in 1990 and he estimates he has given away 5,000 records over the years. (COURTESY OF THE PULSE)

AN ALL NEW SHOW FOR THE WHOLE FAMILY

# MONSTER SPECTACULAR

SEE THE TV STARS

- ★ AVENGED
- ★ SCARLET HUNTER
- ★ BOUNTY HUNTER
- ★ BRITUS

★ FREESTYLE [metropost.com/reg](http://metropost.com/reg)

NEW DEATH DEFYING STUNT!

## SATURDAY, MAY BRANDT CENTRE

Evraz Place, Regina

THINKS: JAVIERA • BY: HEARD CHINA • GETTING THERE: 400-400-4000 • 400-400-4000 • 400-400-4000 • 400-400-4000

**jazz Regina** Friday, April 24th, 2015  
www.jazzregina.ca

### JazzFest Regina 2015 Fundraiser

Enjoy Live with the Regina Jazz Orchestra  
Directed by Brent Ogilvie

Doors open at 6:00 pm for the Silent Auction  
Concert at 8:00 pm | Casino Regina, Show Lounge  
Tickets available at the door | Main Floor \$30 Balcony \$25  
Corporate Tables Available from  
\$25 members \$220 (\$195/\$160) (\$140/4)

Tickets are available at the Casino Regina Box Office, at the door  
www.ticketlink.com/casino/regina, Box & Beyond in the Golden Mile, RJS Board Members



# ON THE SCENE

## # UNIVERSITY OF REGINA RAMS 49TH ANNUAL SPORTS DINNER

The University of Regina Rams 49th Annual Sports Dinner on April 9 provided local football fans an opportunity to see and hear Jesse Palmer, former college and professional football player, current college football analyst for ESPN and ABC, and The Bachelor Ryan Reynolds.

The evening was in support of the University of Regina Rams Educational Assistance Plan to provide much-needed financial help to Rams players. The event, held at the Queen'sbury Convention Centre, featured a champagne reception, dinner and silent auction.

QC PHOTOS BY MICHAEL BELL



1. Elissa Hoffman and Aaron Pictor

2. Alison Budau and Jeff Mahreger

3. Emma Weninger and Kaitlin Wink

4. Tychoe Pictor and Gavin Johnston

5. Stephanie Edwards and Joseph Franklin

6. Joanna Zukielak and Nyla Peet

7. Larry Leffman and Glen Gurn

8. Blake Canning and Mitch Pictor

9. Mike Donwart and Jason Price

## EVENTS

## MUSIC

Wednesday, April 18

**Wednesday Night Folk: Ryan Bush**  
Bushwicks, 2200 Dewdney

**The Bay Dungs**  
Looptops, 2330 Albert St.

**Open Jam**  
6-10 p.m. Eastview Community Centre, 875 6th Ave.

**Inta Society**  
O'Hanlon's, 1547 South St.

Thursday, April 19

**Live music**  
Fat Guitars, 1802 South St.

**Chris Henderson**  
The Pump, 541 Victoria Ave. E.

**Piano Bar**  
Artful Dodger, 1631 11th Ave.

Friday, April 17

**Weekly Drum Circle**  
Instruments provided  
7:30-9 p.m. The Living Spirit Centre, 2015 Dean Dr. Call Mike, 300-560-3001.

**Chris Wood, Carter Powerley**  
The Luncheonette, 41029 Gordon Rd.

**Walter Oatesnik & The West-ern Senators**  
Casino Regina Show Lounge  
1810 Saskatchewan Dr.

**Sam K**  
O'Hanlon's, 1547 South St.

**Sydney B. McMill**  
The Club at The Exchange, 1631 Eighth Ave.

**Steve Weston Walter**  
McMill's, 2236 Dewdney Ave.

**Chris Henderson**  
The Pump, 541 Victoria Ave. E.

Saturday, April 18

**Open Acoustic Jam**  
7-9 p.m. Broadway's Lounge, 1307 Broadway Ave.

**Live music jam**  
All types of music welcome.  
Hosted by Errol Kishine, 4-8 p.m. The Zip, 330 Albert St.

**Behind the Bangs**  
Edie Palmer, Blake Berglund and Amy Nelson  
8 p.m. Creative City Centre  
1843 Hamilton St.

**Walter Oatesnik & The West-ern Senators**  
Casino Regina Show Lounge  
1810 Saskatchewan Dr.

**Chris Henderson**  
The Pump, 541 Victoria Ave. E.

**Slow Motion Walter**  
McMill's, 2236 Dewdney Ave.

Sunday, April 16

**Open Jam**  
3-5 p.m. Meads, 639 Victoria Ave.

**Friendly Folk concert**  
2-3 p.m. KRL 11th Theatre, 337 12th Ave.

**Le Balla Trépassé**  
Kazuo, Symphony Orchestra  
Musée MacKenzie  
3 p.m. Concerts Arts Centre,  
250 Lakeshore Dr.

**Leaf Republic, Slow Leaves**  
The Exchange, 1631 Eighth Ave.

Monday, April 20

**Monday Night Jazz & Blues**  
Jeff Merrick & Mark Hushy  
Bushwicks, 2200 Dewdney

**Barton Cavanagh**  
Casino Regina Show Lounge  
1810 Saskatchewan Dr.

**Open Mic**  
Artful Dodger, 1631 11th Ave.

**Walter Oatesnik & The West-ern Senators**  
Casino Regina Show Lounge  
1810 Saskatchewan Dr.

**Sam K**  
O'Hanlon's, 1547 South St.

**Sydney B. McMill**  
The Club at The Exchange, 1631 Eighth Ave.

**Steve Weston Walter**  
McMill's, 2236 Dewdney Ave.

**Chris Henderson**  
The Pump, 541 Victoria Ave. E.

**Open Acoustic Jam**  
7-9 p.m. Broadway's Lounge, 1307 Broadway Ave.

**Live music jam**  
All types of music welcome.  
Hosted by Errol Kishine, 4-8 p.m. The Zip, 330 Albert St.

**Open Acoustic Jam**  
7-9 p.m. Broadway's Lounge, 1307 Broadway Ave.

**Live music jam**  
All types of music welcome.  
Hosted by Errol Kishine, 4-8 p.m. The Zip, 330 Albert St.

**Open Acoustic Jam**  
7-9 p.m. Broadway's Lounge, 1307 Broadway Ave.

**Live music jam**  
All types of music welcome.  
Hosted by Errol Kishine, 4-8 p.m. The Zip, 330 Albert St.

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)



Walter Oatesnik takes the stage at Casino Regina de Jockey and Saturday

all evenings of Regina and his work is a record of how the city has changed across more than 40 years. This evening will also include a showing of the short documentary The Alley Men by Jan Krewer-Zoropke, with a reception to follow. Free admission.  
April 19, 7:30 p.m.  
Gerke Hall, 2555 College Ave.

**Open Season Life Drawing**  
No formal instruction and all skill levels are encouraged. The model will be male with the exception of a few special featured sessions. Please bring your own drawing materials. \$10 per drop-in session.

**Thursday, 7:45 p.m.**  
Creative City Centre, 1843 Hamilton St.

**Light Reading Through Glass**  
Michael Scott's photographic display is highly technical and inquisitive pursuit of light reflection through coloured glass materials.  
Until April 15, 10 a.m.-5 p.m.  
Creative City Centre, 1843 Hamilton St.

**Heartland Artists' Guild Annual Show/Sale**  
April 11, 3-5 p.m.  
April 18, 10 a.m.-5 p.m.  
April 19, 10 a.m.-5 p.m.  
Arcadia Park Community Centre, 35 Dean Ct.

**Pin Bone: Hold Steady**  
Until April 17, Asahi Bookery Gallery, 2266 18th St.

**Martha Cella: Patterns of Emotion**  
Until April 18, Mela Gallery, 106-330 Broad St.

**Moving Forward, Never Forgetting**  
This exhibition creates a space for inter-cultural dialogue and storytelling, encouraging sharing empathy and deeper understanding of what it means for Indigenous and non-Indigenous peoples to co-exist in these territories.

Until April 19, Mackenzie Art Gallery, 2675 Halifax St.

**Pin Bone: Hold Steady**  
Until April 17, Asahi Bookery Gallery, 2266 18th St.

**Martha Cella: Patterns of Emotion**  
Until April 18, Mela Gallery, 106-330 Broad St.

**Moving Forward, Never Forgetting**  
This exhibition creates a space for inter-cultural dialogue and storytelling, encouraging sharing empathy and deeper understanding of what it means for Indigenous and non-Indigenous peoples to co-exist in these territories.

Until April 19, Mackenzie Art Gallery, 2675 Halifax St.

**These Middle-aged Japs** is just melancholy with a really strong sense of purpose. An impressive installation by Montreal-based artist Trille Middleton. An uncanny marriage of materials and process, Middleton's practice incorporates woodcuts and debris from consumer culture, organic elements, typewriters from studio production, and utilitarian building and craft supplies.  
Until April 22, Dunsin Art Gallery — Sherwood Village Branch, 621 Rockdale Blvd.

**Quilts**  
Susan Bantz and Vivian Tyler's two-person show of performative photography, cloth artists use their mediums, which they animate as actors in drama that each directs and then visually records.  
Until April 24, 9 a.m.-2 p.m. Monday to Friday.  
U of R University Club, College West room 210.

**Annual Salon Show**  
Until April 25  
Art Gallery of Regina, Neil Gidley Centre Arts Centre,  
2420 Elphinstone St.

**Joe Pollock: Men Arrive**  
with a determination to pay homage to a few artists, Richard has taken on the challenge of 18 lesser-known artists.  
Until April 25, Gate Show Art Gallery, 2675 Halifax St.

**Landscape and Sky: Contemporary Canadian Fine Art**  
The Artists of Scott Nicholson Fine Art  
Until April 30, Regime Centre, 1621 Albert St.

**Nextel Grand**  
#302/1555 South St.  
Open Tuesday to Saturday, 11 a.m.-5 p.m.

**Neuroa Gallery**  
2140 Albert St.  
Open Tuesday to Saturday, 10 a.m.-6 p.m.

**Oakland Gift and Fine Arts**  
Gift and fine arts by 150+ more artists. Until 10 p.m. and 11 a.m. to 5 p.m.

**Oakland Gift and Fine Arts**  
Gift and fine arts by 150+ more artists. Until 10 p.m. and 11 a.m. to 5 p.m.

**Oakland Gift and Fine Arts**  
Gift and fine arts by 150+ more artists. Until 10 p.m. and 11 a.m. to 5 p.m.

**Oakland Gift and Fine Arts**  
Gift and fine arts by 150+ more artists. Until 10 p.m. and 11 a.m. to 5 p.m.

**Oakland Gift and Fine Arts**  
Gift and fine arts by 150+ more artists. Until 10 p.m. and 11 a.m. to 5 p.m.



Best  
of

# OUTSIDE THE LINES



## #Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour this page, have a picture taken with the finished product and email it to: [wp@leaderpost.com](mailto:wp@leaderpost.com). One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Patric Verdu**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



**THE ULTIMATE CANADIAN**  
*Combo*

With Wendy's Ultimate Canadian Combo you get it all as a Baconator™ with lots of bacon and porkies.

VISIT US AT THESE REGIONAL LOCATIONS:  
• 2105 VICTORIA AVENUE EAST • 205 ALBERT STREET

© 2015 Wendy's International Restaurants Ltd.



## EVENTS

**Clothing & Toy sale**

Hosted by Regina Parents of Multiples Association  
April 18, 9:30 a.m. - noon  
Caledonian Curling Club, 2225  
Sandra Schmirler Way

**Build and Grow Clinic**

Build a special foster parent project  
For children ages 5 and up  
Saturday, 10 a.m.  
Lewvan, 4350 Gordon Rd.

**Michael's Kids Club**

Saturday, 10 a.m. - noon  
3048 Prince of Wales Dr.

**Family Favourites films**

Enjoy a favourite film for just \$2.50  
Saturday, 11 a.m. - 5 p.m.  
Cinema, 420 McCarthy Blvd N

**Family activities**

Saturday and Sunday, 2 to 4 p.m.  
Saskatchewan Science Centre, 2903 Powerhouse Dr.

**Family Fun Night**

April 18, 4-9 p.m.

Cassidy Community Centre,  
655 6th Ave.

**Earth Week**

April 19-20

Regal Fork Museum, 2445  
Albert St.

**Family Studio Sunlight**

Tuesday, 2-4 p.m.  
MacKenzie Art Gallery, 3475  
Albert St.

**Parent and Preschooler**

Jungle Gym  
Monday, 6:30-11 a.m.

All Rivers Family Wellness  
Centre, 440 3rd Ave.

**Balance Time for Kids**

Interactive workshop aimed  
at early learners  
Tuesday, 9:30-10 a.m.

Saskatchewan Science Centre,  
2903 Powerhouse Dr.

**Graphic arts and cam**

Free event for youth aged

5-19, Tuesday, 4-6 p.m.

Ensemble Community Centre,  
655 6th Ave.

**SPORTS****WCP Cup Soccer**

April 15, 6:30-9:30 p.m.

April 16, 6-9:30 p.m.

April 17, 6-10 p.m.

April 18, 10:30-7 p.m.

Credit Union Everlasts, Vista  
Place

**Regina Pats vs. Brandon**

WHL, Playoffs

April 15, 7 p.m.

Rowell Centre, East Place

**Regina Pats vs. Brandon**

WHL, Playoffs

April 19, 6 p.m.

Rowell Centre, East Place

**MUSEUMS****Alco-Visor Dicks of Museum**

1560 Fourth Ave

Tours by appointment only



Catch WCP Cup soccer at Vista Place through Saturday  
on Full Photo by WCP/MLL

(306-535-3500)

**Civil Museum of Regina**

1015 Broad St.

Tuesday-Friday 10 a.m.-4 p.m.

Saturday noon-4 p.m. Closed

Sunday and Monday

**Government House Museum**

& Heritage Properties

4557 Dewdney Ave.

Tuesday to Sunday, 9 a.m.-4

p.m.

**RCMP Heritage Centre**

5927 Dewdney Ave.

Open 11 a.m.-3 p.m. daily

**Regina Firefighters Museum**

1265 Ross Ave.

Tours by appointment (306-777-7754)

**Regina Floral Conservatory**

14508 47th Ave.

Open daily, 10:00 a.m.

**Regal Forks Museum**

2445 Albert St.

Open 9:30 a.m.-5 p.m. daily

**Saskatchewan Military**

Museum

1800 Saskatchewan St.

Open Monday and Thursday,

1-5 p.m., or by appointment

(306-347-5045)

**Saskatchewan Science**

Centre

2903 Powerhouse Dr.

Tuesday-Friday 9 a.m.-5 p.m.

Saturday-Sunday and holidays,

noon-6 p.m. Closed Mondays

**Saskatchewan Sports Hall**

of Fame

2255 Victoria Ave.

Monday-Friday 10 a.m.-4:30

p.m. Closed weekends

**HARLEM GLOBETROTTERS**

**2015 WORLD TOUR**

**Save \$5 on select tickets!**

**Affinity PLACE**

**Brandt Centre**

**Fri. Apr. 24 • 7 pm Sat. Apr. 25 • 4 pm**

Visit [Ticketmaster.ca](http://Ticketmaster.ca) and enter the code **PLAY** to save \$5 on tickets.

[ticketmaster.ca](http://ticketmaster.ca)

**We are moving**

The Regina Screening Program for Breast Cancer is relocating.

**Effective April 20, 2015 the screening clinic will be located at 4545 Parliament Avenue, west of Lewvan Drive.**

For more information or to schedule an appointment, call 1-855-584-8228.

**SCREENING PROGRAM FOR BREAST CANCER**

[www.saskcancer.ca](http://www.saskcancer.ca)



# What's in Your Beauty Products?

The average woman applies more than 500 chemicals daily.



Bonus bottles available LIMITED TIME ONLY



Every day billions of women slip on body moisturizer, apply lipstick or mascara without a second thought about what they are putting on their skin. A study from the UK claims that the average woman applies more than 500 chemicals to her body every day during her beauty routine.

## Why should you be concerned?

Chemicals such as parabens (a synthetic preservative in everything from toothpaste to shampoos) and phthalates (a class of chemicals that are found in many "fragrances") beauty products such as lotions, perfumes and deodorants are classified as endocrine disruptors. Xeno-Detox is one of our natural estrogens creating hormone chaos by increasing the total amount of estrogen resulting in a condition called estrogen dominance. Estrogen dominance has been implicated in many conditions including: breast and prostate cancer, obesity, infertility, endometriosis, uterine fibroids, early onset puberty, hormonal acne and PMS.

## Xeno-Detox Every Day

EstroSense is a complex hormone liver detoxifier that gently supports the elimination of harmful environmental toxins and helps to bring back hormone synergy. Along with other key ingredients, EstroSense contains milk thistle which is one of the most researched herbs when it comes to liver detoxification and liver cell regeneration. Curcumin, made from turmeric, contains curcuminol, green tea extract, lycopene and rosemary extract are all very effective for supporting healthy hormone balance.

So starting now read labels and stop everything, check out The Environmental Working Group website [www.ewg.org](http://www.ewg.org) as well as Campaign for Safe Cosmetics [www.campaignforsafe.org](http://www.campaignforsafe.org) for more information about how you can protect yourself.

Add **EstroSense** with Milk Thistle Extract to your daily routine!

**A Healthy Liver = Healthy Hormones = Happy You**

Exclusively at Health Food Stores and Select Natural Pharmacies

STORE LOCATOR AT **PNO.CA**

Support the Canadian Women's Foundation by Purchasing **WOMENSENSE**



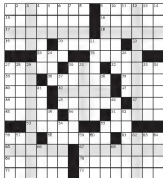
Preferred Nutrition

## #CROSSWORD

NEW YORK TIMES Edited by Will Shortz

### ACROSS

- 1 Liable
- 6 Like the bodice of a corset
- 10 "My dear" (British)
- 15 Infant's sobriety
- 16 "So-a-rice"
- 17 Something that is out of order at the dinner table
- 20 Sailed her home
- 21 "Haven't" character in the song "Just I See"
- 22 By
- 23 "Cute" (slang)
- 24 Census information
- 25 Traffic problem
- 27 "I'm not" (British)
- 28 "Couch" (British)
- 30 Reacts to gravity
- 35 "It's a long time" (British)
- 36 "I'm not" (British)
- 37 "I'm not" (British)
- 38 "I'm not" (British)
- 39 "I'm not" (British)
- 40 "I'm not" (British)
- 41 "I'm not" (British)
- 42 "I'm not" (British)
- 43 "I'm not" (British)
- 44 "I'm not" (British)
- 45 "I'm not" (British)
- 46 "I'm not" (British)
- 47 "I'm not" (British)
- 48 "I'm not" (British)
- 49 "I'm not" (British)
- 50 "I'm not" (British)
- 51 "I'm not" (British)
- 52 "I'm not" (British)
- 53 "I'm not" (British)
- 54 "I'm not" (British)
- 55 "I'm not" (British)
- 56 "I'm not" (British)
- 57 "I'm not" (British)
- 58 "I'm not" (British)
- 59 "I'm not" (British)
- 60 "I'm not" (British)
- 61 "I'm not" (British)
- 62 "I'm not" (British)
- 63 "I'm not" (British)
- 64 "I'm not" (British)
- 65 "I'm not" (British)
- 66 "I'm not" (British)
- 67 "I'm not" (British)
- 68 "I'm not" (British)
- 69 "I'm not" (British)
- 70 "I'm not" (British)
- 71 "I'm not" (British)
- 72 "I'm not" (British)
- 73 "I'm not" (British)
- 74 "I'm not" (British)
- 75 "I'm not" (British)
- 76 "I'm not" (British)
- 77 "I'm not" (British)
- 78 "I'm not" (British)
- 79 "I'm not" (British)
- 80 "I'm not" (British)
- 81 "I'm not" (British)
- 82 "I'm not" (British)
- 83 "I'm not" (British)
- 84 "I'm not" (British)
- 85 "I'm not" (British)
- 86 "I'm not" (British)
- 87 "I'm not" (British)
- 88 "I'm not" (British)
- 89 "I'm not" (British)
- 90 "I'm not" (British)
- 91 "I'm not" (British)
- 92 "I'm not" (British)
- 93 "I'm not" (British)
- 94 "I'm not" (British)
- 95 "I'm not" (British)
- 96 "I'm not" (British)
- 97 "I'm not" (British)
- 98 "I'm not" (British)
- 99 "I'm not" (British)
- 100 "I'm not" (British)



PUZZLE BY DAVID STEINBERG

- 12 Shakespearian character who says "You are such a fool" (British)
- 13 "What...?"
- 14 "I'm not" (British)
- 15 "I'm not" (British)
- 16 "I'm not" (British)
- 17 "I'm not" (British)
- 18 "I'm not" (British)
- 19 "I'm not" (British)
- 20 "I'm not" (British)
- 21 "I'm not" (British)
- 22 "I'm not" (British)
- 23 "I'm not" (British)
- 24 "I'm not" (British)
- 25 "I'm not" (British)
- 26 "I'm not" (British)
- 27 "I'm not" (British)
- 28 "I'm not" (British)
- 29 "I'm not" (British)
- 30 "I'm not" (British)
- 31 "I'm not" (British)
- 32 "I'm not" (British)
- 33 "I'm not" (British)
- 34 "I'm not" (British)
- 35 "I'm not" (British)
- 36 "I'm not" (British)
- 37 "I'm not" (British)
- 38 "I'm not" (British)
- 39 "I'm not" (British)
- 40 "I'm not" (British)
- 41 "I'm not" (British)
- 42 "I'm not" (British)
- 43 "I'm not" (British)
- 44 "I'm not" (British)
- 45 "I'm not" (British)
- 46 "I'm not" (British)
- 47 "I'm not" (British)
- 48 "I'm not" (British)
- 49 "I'm not" (British)
- 50 "I'm not" (British)
- 51 "I'm not" (British)
- 52 "I'm not" (British)
- 53 "I'm not" (British)
- 54 "I'm not" (British)
- 55 "I'm not" (British)
- 56 "I'm not" (British)
- 57 "I'm not" (British)
- 58 "I'm not" (British)
- 59 "I'm not" (British)
- 60 "I'm not" (British)
- 61 "I'm not" (British)
- 62 "I'm not" (British)
- 63 "I'm not" (British)
- 64 "I'm not" (British)
- 65 "I'm not" (British)
- 66 "I'm not" (British)
- 67 "I'm not" (British)
- 68 "I'm not" (British)
- 69 "I'm not" (British)
- 70 "I'm not" (British)
- 71 "I'm not" (British)
- 72 "I'm not" (British)
- 73 "I'm not" (British)
- 74 "I'm not" (British)
- 75 "I'm not" (British)
- 76 "I'm not" (British)
- 77 "I'm not" (British)
- 78 "I'm not" (British)
- 79 "I'm not" (British)
- 80 "I'm not" (British)
- 81 "I'm not" (British)
- 82 "I'm not" (British)
- 83 "I'm not" (British)
- 84 "I'm not" (British)
- 85 "I'm not" (British)
- 86 "I'm not" (British)
- 87 "I'm not" (British)
- 88 "I'm not" (British)
- 89 "I'm not" (British)
- 90 "I'm not" (British)
- 91 "I'm not" (British)
- 92 "I'm not" (British)
- 93 "I'm not" (British)
- 94 "I'm not" (British)
- 95 "I'm not" (British)
- 96 "I'm not" (British)
- 97 "I'm not" (British)
- 98 "I'm not" (British)
- 99 "I'm not" (British)
- 100 "I'm not" (British)

### DOWN

- 1 Down
- 2 Down
- 3 Down
- 4 Down
- 5 Down
- 6 Down
- 7 Down
- 8 Down
- 9 Down
- 10 Down
- 11 Down
- 12 Down
- 13 Down
- 14 Down
- 15 Down
- 16 Down
- 17 Down
- 18 Down
- 19 Down
- 20 Down
- 21 Down
- 22 Down
- 23 Down
- 24 Down
- 25 Down
- 26 Down
- 27 Down
- 28 Down
- 29 Down
- 30 Down
- 31 Down
- 32 Down
- 33 Down
- 34 Down
- 35 Down
- 36 Down
- 37 Down
- 38 Down
- 39 Down
- 40 Down
- 41 Down
- 42 Down
- 43 Down
- 44 Down
- 45 Down
- 46 Down
- 47 Down
- 48 Down
- 49 Down
- 50 Down
- 51 Down
- 52 Down
- 53 Down
- 54 Down
- 55 Down
- 56 Down
- 57 Down
- 58 Down
- 59 Down
- 60 Down
- 61 Down
- 62 Down
- 63 Down
- 64 Down
- 65 Down
- 66 Down
- 67 Down
- 68 Down
- 69 Down
- 70 Down
- 71 Down
- 72 Down
- 73 Down
- 74 Down
- 75 Down
- 76 Down
- 77 Down
- 78 Down
- 79 Down
- 80 Down
- 81 Down
- 82 Down
- 83 Down
- 84 Down
- 85 Down
- 86 Down
- 87 Down
- 88 Down
- 89 Down
- 90 Down
- 91 Down
- 92 Down
- 93 Down
- 94 Down
- 95 Down
- 96 Down
- 97 Down
- 98 Down
- 99 Down
- 100 Down

## # JANRIC CLASSIC SUDOKU

### Level: Easy

After the blank cells, using numbers 1 to 9, each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from (easiest) to (hardest) to (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 16.





# SHARPEATS

# SASKATCHEWAN BUSINESS

## Spice mixes to help you make gourmet Indian food

By Jenn Sharp

Getting the spice right in Indian cooking is an art.

So says Armi (Chatty) Chatterpatty, the owner of Chatty's Indian Spices.

"You need to have the right combination (and) the right amount to make that food really appealing and tasty. For people that have never eaten spices, sometimes it's scary."

The combinations of spices in Indian food makes it different from anything else. It also makes the food incredibly addictive to Saskatchewan — it's like nothing many of us ate growing up. "Indian food is not a light food. It's filling, very filling," notes Chatterpatty, who, along with her husband, PK, is from Calcutta.

No one dish is typical 'Indian food' as it varies throughout the country. In Calcutta, curries and dahi are typical, whereas in the north, fried spices, naans and parathas are more prevalent. In southern India the food is usually very spicy.

"The variety is very attractive to people. It really is very addicting. People get used to that and they love it. And everything else seems so bland after that to them."

Chatterpatty started Chatty's Indian Spices in 1996. She got the idea years before then, thanks to her ongoing 'her cooking and told her she should sell her spice blends.

"I play with it. I really do. I love playing with spices, making different combinations."

Chatterpatty, a nurse at the time, tested her blends on doctors at work and her daughter's friends until she got it just right.

"I knew that if I wanted to target the mainstream Canadian, then I needed to have a per cent ratio."

She knew she wanted her products to reach further than Saskatoon. She worked with a company in Ontario which helped her with distribution and growing the business. When an entrepreneur in Saskatchewan provided guidance as well.

In 1998, she entered a competition sponsored by the Saskatchewan Food Commission where her signature spice mixes, chicken, curry, Calcutta curry and tandoori BBQ, won the award for best new food product in Western Canada.

Media exposure after winning the award helped her product get into stores across the province. She then expanded the company into Alberta and Manitoba. Chatty's Spices are now



Armi (Chatty) Chatterpatty makes chicken curry and other dishes. QC PHOTO BY MICHAEL UNG

available in Co-op, The Independent Grocer and many Sobey's, especially in Alberta.

Chatterpatty produces the spices, such as rubarb hot sauce and mango masala, that are sold at The Food Centre in Saskatoon. Ingredients are sourced locally when possible.

At trade shows she helps people understand how to use the spices with complementary foods.

"It was part of my duty to educate people. In that food, in particular, (spices) were not aware. It's good for the customer to (see) the face of our products, particularly at the small towns."

When Chatty first started her company, Indian food wasn't well known in Saskatchewan. Now it's easy to find good Indian restaurants, which offers business benefits that customers

people to new dishes. Recreating the dishes at home is hard for those who aren't familiar with grinding and roasting spices. That's where Chatterpatty's mixes come in handy.

One of the Indian spice ingredients today is turmeric, which has antithrombotic, antihistaminic and anti-inflammatory properties.

"Spices are good," says Chatty of Indian cooking. "What is not good is the salt and the oil used."

When you're cooking Indian at home, she recommends reducing the amount of oil, upping the veggie content and marinating your meat in yogurt instead of heavy cream.



Chatty's Indian Spices are available at The Food Centre in Saskatoon. PHOTO COURTESY CHATTY'S

See a food trend you think deserves a highlight? Email [qc@leaderpost.com](mailto:qc@leaderpost.com) or visit us on Facebook



# 2015 MIRAGE ES

STARTING FROM

## \$9,998



## BEST VALUE ON THE

WITH CLASS-LEADING FUEL ECONOMY  
AND  
A 10-YEAR POWERTRAIN WARRANTY

| FUEL ECONOMY |                  |             |                      |
|--------------|------------------|-------------|----------------------|
|              | CITY<br>L/100 KM | CITY<br>MPG | COMBINED<br>L/100 KM |
| 1.8L MT      | 7.0L             | 55.4        | 6.4L                 |
| 1.8L CVT     | 6.4L             | 63.8        | 6.0L                 |

**BUILT BETTER.  
BACKED BETTER.**

### GET A LOT FOR A LITTLE!

- ✓ 5.0 L/100 KM COMBINED DRIVE/MPG
- ✓ 10-YEAR / 100,000 KM POWERTRAIN LIMITED WARRANTY\*\*
- ✓ 7 AIRBAG SAFETY SYSTEM
- ✓ POWER FRONT WINDOWS
- ✓ POWER MIRRORS
- ✓ USB AUDIO INPUT
- ✓ RAIN-SENSING WIPERS
- ✓ DRIVER SIDE VENTILATION
- ✓ CRUISE CONTROL
- ✓ MAP LIGHTS

STARTING FROM

## \$9,998\*

INCLUDES \$2,600 CONSUMER  
CASH DISCOUNT\*

**10** YEAR  
100,000 KM  
POWERTRAIN  
LIMITED WARRANTY

DILAWRI MITSUBISHI 1750 8th Avenue 306-525-2333  
www.dilawrimitsubishi.ca

\*See dealer for vehicle values and for specific terms, conditions and details. Excludes certain models.

MITSUBISHI-MOTORS.CA